

Referral & Program Information

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CONFERENCE SPONSORS

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New Brunswick Tomorrow



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I AM THE BOSS

(of my life)



Friday April 4, 2014

**Middlesex County College
College Center
2600 Woodbridge Avenue
Edison, New Jersey
8:30 AM—2:30 PM**

I AM THE BOSS (of my life)

The Young Men's Conference is intended to provide a full array of workshops on drug and alcohol prevention, wellness and leadership in a context that is relevant to young men. The interactive workshops are designed to provide students with valuable knowledge, resources and tools that can be shared with their peers. Workshop presenters will aim to highlight and provide clarity on the varying topics that are key elements in encouraging young men on their journey to becoming productive young men and citizens.

KEYNOTE: Principal Kafele

"What It Takes to be Your Own Boss"

The focus of this presentation is about self-representation and paving a path to a promising future. Principal Kafele will provide an open and honest discussion about growing up and becoming a responsible, healthy young man in today's world. Principal Kafele's presentation will discuss the challenges of developing a healthy self-identity in a world that sends mixed messages about certain norms.

WORKSHOPS

(a) "Dare to Dream"

Lonnie Allgood has put together a unique program to help reach students through motivational presentations on Life Skills and Character Education. Some of the topics covered are: respect, bullying, trust, self-esteem, dream building, drugs and alcohol, the value of education, and community responsibility/caring.

(b) "Two Turntables and a Mic: The Beats, Rap and Rhymes of a Young Man's Life"

The presenter will take the students on a turntable journey into the life of a once misguided youth who rises above the "code of the streets" and becomes a success story. The presenter takes the participants on a journey through separation of family and how the turntables, mixing, scratching, and battling were tools to escape the pressures growing up in the inner city. The presenter raps about life, leading to "the day the turntables didn't spin" and the ultimate decision that changed DJ Grand Master KC's life forever. This is the follow up to the 2012 Young Men's Conference workshop "Are you really down?"

(c) "I Get All the Girls: What You Don't Know Can Change Your Life"

The presenter will focus on sexual responsibility for young men. This workshop will focus on how to properly use a contraceptive and suggestions on healthy decision making. The workshop will address some of the myths as well as offer facts about being "safe" and or totally abstaining all together. The young men will have an opportunity to be amongst their peers and participate in a group discussion as well as a Q & A for the presenter.

(d) "Coming Up for A.I.R."

Attitudes in Reverse will discuss the importance of mental health awareness and suicide prevention for educators, mental health professional and students. A.I.R. will provide students with tools that demonstrate that having a good mental health awareness plan is the best plan. A.I.R. utilizes dogs as a tool to aid in the healing process of suicide and suicidal ideations.

(e) "Give Your Life for a Color?"

This presentation will focus on gangs and their influence on teenagers and society. Topics that will be addressed include gang colors, what kind of crimes they commit, how they recruit teens and their impact on their lives, getting in, as well as what one can do to remain "gang" free.

(f) "Bullying is Whack, Get on the Right Track"

Middlesex County Sheriff's officers T. Nguyen and R. Morales will provide an interactive workshop on the dangers of bullying and cyber bullying. The presenters will also inform the young men about the new laws and reforms that can impact any one who participates in any form of bullying.

(g) "Who Moved My Cheese"

Dr. Lamont from Carteret High School will transform the participant from "Ordinary to Extraordinary." The lessons learned from the story "Who Moved the Cheese?" will help participants learn life lessons, leadership strategies, and educational tools to create personal/career goals and action plans that will guide them through the "maze" of life.

(h) "I Only Do it on the Weekends"

This workshop will provide students with the clear and concise truth about the process of addiction. Students will be provided with tools that can dismantle the myth of weekend use.

(i) "Where Being My Own "Boss" Begins...College!"

As boss of your life, what should you be doing in the present to ensure your successful navigation and completion of college in the future? Middlesex County College graduates share their personal experiences on their path to ultimately completing their studies at MCC. Professional staff who helped to guide the graduates will also share what is required to successfully complete college. Come and join us! We will do our best to answer each and every question that you ask.

(j) "Love is Not Meant to Hurt!"

The presenter will challenge students to take a look at how they treat females in their life and whether they consider the consequences of their actions. Participants will be engaged in a dialogue about the importance of building strong, supportive and ultimately life-changing relationships with females.

PERFORMANCE

SCREAM

SCREAM Theatre is a peer, interactive theater program that educates groups and initiates dialogue about issues of interpersonal violence, including sexual assault, dating violence, same-sex violence, stalking, bullying, and peer harassment. Created and acted by undergraduate students from Rutgers University, the skits are developed for high school students. SCREAM Theatre performs nationwide.

ADULT WORKSHOPS

Workshop 1

Substance Abuse Trends

The core elements of mentorship will be reviewed and participants will have an opportunity to examine the developmental, emotional and spiritual needs of young men as they try to "fit in" a variety of societal contexts.

Workshop 2

Suicide Prevention

This workshop is provided to help staff in schools, youth-serving organizations, and suicide prevention programs take action to reduce suicidal behavior among our young men. Topics covered include suicidal behavior among young men, risk and protective factors for suicidal behavior, strategies to reduce the risk, and ways to increase school or agency cultural competence.